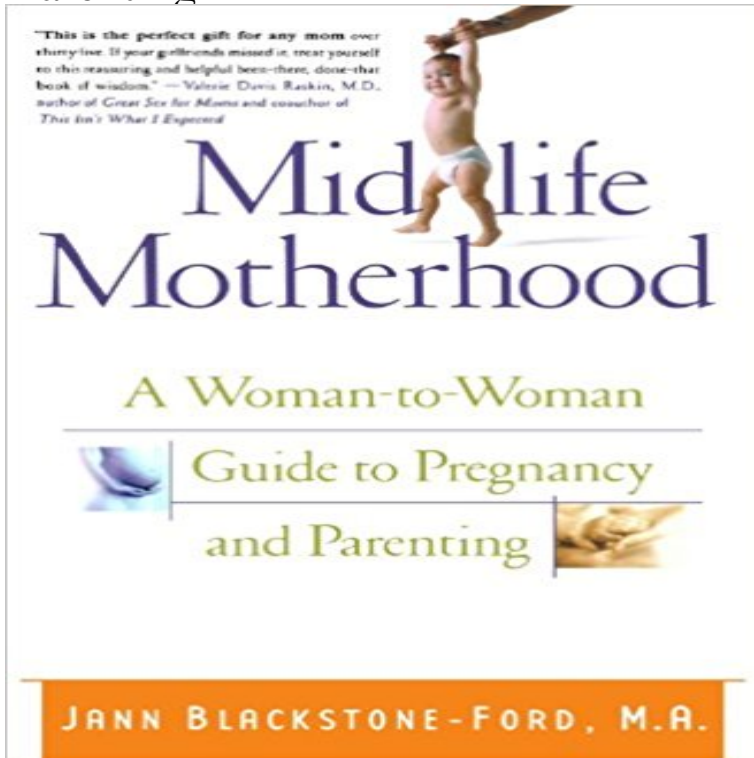


Midlife Motherhood: A Woman-to-Woman Guide to Pregnancy and Parenting



The future doesn't frighten me, but sometimes I wish there was help, a type of midlife mom roadside assistance—someone who would show up exactly when you need it and tell you how to handle the problem. —Janice Stewart, mother at thirty-nine to Joshua

What's a woman to do when she's facing menopause, toddlers, and elder care all at the same time? Women who have been there and done that provide some insight in *Midlife Motherhood*. Offering humor, warmth, and frankness, this is a handholding guide for the uninitiated. What's on their minds: • Common fears and concerns: from Down's syndrome to being too old • Fertility challenges and what to physically expect from pregnancy • How to juggle postpartum demands—parenting, working, caring for aging parents ... and all at once! • Getting back into shape • Hot flashes and warm bottles: coping with hormonal changes while caring for a new baby

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